ENTER CHINESE COOKING AS WARTIME EXPEDIENT—SMART STYLE NOTES FOR THE WINTER

HOUSEWIVES MIGHT CONSIDER CHINESE COOKERY AS WAR MEASURE

Chinaman Explains Secrets of His Country's Kitchen-American Women Might Profit by Learning of Unusual Foods

will come in from school at noon, fling their books in the hall and yell out into the kitchen, "Mother, are we going to have 'hung duen guy ding'?"

It does seem quite unreal, doesn't it, to hear or think of our Bobbies and our Janes deftly rolling off their tongues, terms that have always caused us to lay down the menu in the Chinese wisteria garden in despair, and then order by pointing our finger and taking a long chance on what our finger picked out!

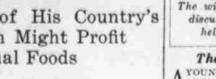
It's not so unyeat and improbable as you think it to by. The first active drive to bring the art of Chinese cookery right straight up on the plain, common-garden variety of stove of the American kitchen in under way. A Chinaman has written . Chinese cook-book in English, and written it in such altogether plain English that the newest bride could work out the most intricate of the recipes.

Shiu Wong Chan is the man who did this intrepid thing, and so proved its worth-whileness that the Frederick A. Stokes Company, publishers, put it on the book market. It is known as "The Chinece Cook-Beek."

SHIU WONG CHAN does not say in so many words that here in the art of combining unusual foods, which is pesullarly a Chinese art, lies one solution of the American wife's wartime problems. But his recipes do.

Here's one, for instance, which heads itself Chow Arp Gung-Fried Duck Feet, Thus launched, it begins:

"You may laugh all you want. You will soon be convinced that this is the best part of the duck after you take it" -and then Monsieur Chan goes on to





It's not good to have too much of a good thing, so that is why, no doubt, the lady did not make hand bag of brown velvet to match the hat, collarette and muff.

SHIU WONG CHAN'S book doesn't give a lot of mysterious directions, and when there is a queer stranger ingredient in the midst of a recipe he goes to the trouble of telling where and how it may be bought. He even initiates us into the upside-down writing that decorates the laundry list.

WE'VE done lots of things in the name of versatility we never thought we'd do. Who can tell but that many a menu-weary husband of the future will show how by deftly mixing chestnuts, a be lured home with the following words: few mushrooms and one or two other "Why, George, surely you're not going things you have a Chinese dish fit for- to stay downtown tonight! We're going to have SI WO ARP!"

1. Lavender crepe de chine with loops of old

blue velvet ribbon make no unusual and charm-ing negliger for the bride.

2. The Christmas tree costume for Hallow-

skirt. A star on the head tops the costume

Name for Girls' Club

and send them to me so I could have them by Thursday night we would all be delighted and very thankful to you. HEVERLY.

A letter containing suggestions to comply

with this spirited request was mailed in

time for the eventful Thursday night. Per-

haps it will interest our readers that a

motto etrongly urged for adoption was

To Do Away With Razor

Your first inquiry has been referred to Dr. John Harvey Kellogg, whose Good Health Box appears on this page. Watch

Short Story Contest

zines that the safest and surest way to

find out what you want to know would be to go to a public library and look

through all the magazines and weekly pa-pers. Go to the children's as well as the main room in the library and look care-

main room in the indrary and look carefully through all the publications. Copies of all the magazines published are in the Public Library at Thirteenth and Locust streets. It is spiendid practice for you to try yourself out in these contests. Never get discouraged if you don't win.

Send Her Flowers or Candy

Dear Madam—I am a stranger in the city and have been invited by a young lady I was introduced to recently to dire with her and her family one day next week. I have accepted. Is there any little impersonal attention I can show her that you could suggest?

Send the young girl a box of fine candles or a few flowers the day you intend going to dinner. If she lives in the country it

would be correct to take the candy or flowers with you

Who Precedes

Dear Madam—When heaving a street car or setting out of a motorour or carriage who should go first, the man or woman?

A man always leads the way out of a conveyance, that he may stand at the door and assist the woman down the steps into

To the Editor of Woman's Page:

for answer there.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the gaper only and simed with the name of the writer. Special overies like those given below are invited. It is understood that the editor does not necessarily indorse the sentiment expressed. All communicuitions for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Renting Ledger. Philadelphia, Pa.

TODAY'S INQUIRIES

1. What new table has made its appearance at the smartly furnished home?

1. What sort of a hat frame makes the best foundation for the anzora wool knitted hat? 2. To what sulting materials are the great desamakers in Paris showing partiality this round at home?

2. To what sulting materials are the great desamakers in Paris showing partiality this round at home?

3. What is un "assembler"?

ANSWERS TO SATURDAY'S INQUIRIES 1. Plaited silk shades on all lighting fixtures. including the dining room lamp, are being seen blue in the new houses.

Organdie collars and cuffs, too fine to use starch on can be softly stiffened with water in which rice has been cooked.

8. If packed in boxes of clean, dry sand or mandust, bunches of ripe and unbrulsed grapes can be kept for early winter use. The grapes should be cooled for several hours in the cellar efore they are put away.

Decorations for Halloween

To the Editor of Woman's Page: Dear Madam-I am giving a Halloween party and I would like to have your opinion of some decorations and games. I am inclesting a two-cent stamp, so kindly send me a list of games and how to play them. The ages of the girls and boys are from sixteen to twenty years.

L. W. B.

One of the prettiest Halloween parties I ever naw was given in the basement of a house and the decorations were just hundreds and hundreds of autumn leaves and real pumpkin faces. The leaves, gathered on likes in the country, formed an almost solid screen around the walls, and here and there the lighted pumpkins grinned out. Suspended from the ceiling were paper witches astride brooms. These witches can be purchased in any of the crepe-paper specialty shops. There happened to be elec-tric lights in this basement and they were covered with yellow and red crepe paper This scheme of decoration could be carried out in any room. Last week in this column ft was suggested to use cornstalks for decorations. These, too, are very good and may, if you so choose, be mixed in with the leaves. The pumpkin faces can rest on tables. Do not put them where they are apt to catch fire.

are apt to catch fire.

In place of using a white tablecloth on your dining-room table use yellow crepe paper. Fringe the paper that forms the "akirt" of the cloth. Make chains of real autumn leaves and any kind of real or artificial yellow flowers. Bring these down from the chandellers to the corners of the table. In the center of the table put a big pumpkin or a mysterious-looking black kettle decorated with yellow paper. Call this the witch's pot and have favors in it. At the corners of the table put little dolls dressed in crepe paper as witches, or put dressed in crepe paper as witches, or put small artificial pumpkin lanterns. Use no lights. Paste cats cut in black paper around the border of the tablecioth. Cover lights. The games will be sent to you.

Spinach "a la Hotel"

To the Editor of Woman's Page;
Dear Madam—Kindly print the racipe for creamed spinach such as is served in hotels.
(Mrs.) K.

Wash the spinach in four waters and let It soak in the last water for about three-quarters of an hour. Then without shaking water off put in large pot and cover closely. The juices and the moisture will be sufficient without adding any water. Cook for twenty minutes, stirring frequently. Turn into a colander and let drain, sprinkling it with sait. Press out as much water as It with sail. Press out as much water as you can, put spinach in chopping bowl and chop as fine as possible. In a saucepan cook one tablespoonful of flour, two of huiter and pour the spinach in with them. Let cook for several minutes, stirring constantly and seasoning. Dissolve a pinch of sods into a cupful of cream, pour into the spinach and cook three minutes longer, continuing to stir. Add papper and sait and a pinch of nutmeg and beat hard. Serve with hard-boiled eggs.

Dressing for Pear Salad To the Editor of Woman's Page

Dear Medim-Will you please tell me how hears can be made up into a salad? (Mrs.) M. C. "are five pears, cut them in quarters and take the cores out. Cut the quarters lengthwiss. Make a dressing of one teaspoonful of Jamaica ginger, four tablespoonfuls of oil, two tablespoonfuls of lemon juice, one mappeonful of powdered sugar and haif a taspoonful of paprike. Place the pears on testing and court and array with the dressing of the pears of the control of the pears o truce and cover and serve with this dress E. Peers that are too ripe should not be

Note of Thanks for Dog

are giad to know that a little dog has a new wildless through the Warran's

"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

The Call to Womanhood

YOUNG minister in Massachusetts has A YOUNG minister in Massachusetts has just enlisted and been sent to France. There is nothing particularly startling in this fact. Other ministers have enlisted

from all parts of the country, and many of them even now are in the trenches But there is an cutstanding ture attending the Rev. Christopher Walter Collier, of Lexington, Mass. The congregation voted unanimously to fill his pulpit during his absence by no less a person than his wife. I do not know her personally, but I confident that if she is like many wom-en I do know she

will discharge her new duties admir-"MA" SUNDAY ably. I have this particular case in mind because it is only another of the many examples of the new and broadening field for the women of America developed by the war. A unique opportunity and duty have been offered to them. How they meet it will determine very largely the future economic and busitess relations of the sexes.

We have now gotten the problem of women in work down to something besides the arguments of suffragist orators. The war has crystallized it still further. definite call is sounding to the women of this country. The nation needs them and the call each month is growing more and ore distinct.

The other day I saw a huge sign sus

pended before a large factory, reading. 'One Thousand Women Wanted—At Once.'' A year ago that factory employed only a lozen women in its force of 2000 workers, and those were used in clerical duties. We have ceased to be amused at the

spectacle of elevator girls instead of boys in our office buildings, and in several cities women street car conductors are being trained to take the posts made vacant by he conscription of the men. In California women are coming to take the place of men more and more on the great fruit ranches. It was up to them to do the work of the male laborers or see the fruit spoiled. When I first saw the campaign posters of the New York suffrage workers, showing women laboring side by side with men in the steel plants, factories, railroads and harvesting fields, I thought they were exaggerated. But I know now they were pictures from real life.

A friend of mine, just back from London.

tells me a thrilling story of a Zeppelin raid. In the crash of the destroying bombs and the shricks of the wounded and dying the gong of an ambulance sounded dully. As it stopped in the very center of the most exposed district, eight women in khaki sprang out, under the leadership of a ninth, who, in a voice of absolute calmness, directed her subordinates in their ministering duties. She was Mrs. Kilroy Kenyon, subcommandant of the women's reserve ambuance corps. In all that inferno of horrot those women worked for hours, and not one faitered until the break of the foggy norning showed that their task was done and that they could do no more

2. The Christmas tree costume for Hallow-cen is made up of white tarieton, thesel and small Christmas tree ernaments. The tarieton forms a foundation dress with rather short, very full skirt, with plain bodice trimmed with tinsel. Tinsel is wound around the dress and ornaments are attached here and there on the skirt. A star on the head tops the costume. They tell me that in every railroad sta-tion in France, between the tiers of stretchers, on which lie the maimed bodies of the soldiers from the front, you can see the form of a woman, readjusting bandages. smoothing wrinkled pillows and helping the surgeons in their most gruesome tasks. As a woman, I am proud of the splendidly in-3. The State Federation of Pennsylvania Club Women held its convention last week in spiring record of the women of France and England. But I believe that the women of America

can duplicate this record, and, if necessary, surpass it. We will probably never be called upon, as a nation, to undergo the that have swept Europe, but we shall have to do our part in the task of freeing the world from the shadow of autocracy, and we shall probably have to send more and more of our women across the seas to bear their part at the front.

But what is even more imperative, the women of America will have to raily to the guns at home—the guns of industry. which otherwise will be drowned by the thundering call of war. And it is up to them just how they will meet the supreme issue that is growing always and every-where more and more poignant. The great, historic opportunity has been offered to The gates have been flung wide for them. At last the doors of the doll hou have been opened and they have been i vited to come into the great world outside. The rest is in their own hands. "Over the top," which is the term applied Copyright, 1917, by The Bell Syndicate, Inc.

Wednesday-Mazie's Silk Stockings. Don't Shout, Use a Whistle!

to taking a trench. It seems appropriate that women and girls should go "over the top" in spirit with our boys and do all in their power to make them happy by reflecting brightness in their letters. The Beverly letter is printed here because it breathes of the good times girls can have Now's the time to save everything and here's a little story about a mother who decided to save her lungs. breathes of the good times girls can have without giving most of their time "to the When she wants to summon her small boys and girls in from play she does not indulge in ear-splitting cries; she does it To the Editor of Woman's Page:

Dear Madam—Will you kindly tell what will remove rader bumps from the face, and are there any preparations to remove the hairs from the face without the use of a raser? M. S. P. with a whistle.

Willie's is two long blasts and one short one; Harry's one long and one short, and Helen's one long blast. Three short notes is the general signal for all.

THE CHEERFUL CHERUB

There are preparations on the market that remove hairs without the use of a razor. They do not remove them permanently, however. They are known as depilatory powders and can be bought in drug stores. They must be used with care. It's hard for me to sit and hnit Or sew up endless seams. Dear Madam—I am a schoolgirl, very fond of writing essays; therefore I should like to enter a short story contest. Please, can you tell me in what magazine or paper one is held?

ALINE G. I'd rather sit in idleness Just weaving little There are so many papers and maga-

dreams.





IN THE MOMENT'S MODES

Coat Suit of Gray Bolivia Cloth and Hudson Seal



There is the greatest diversity in the fashioning of the coats of the season's coat suits. Most of them are long; that is, they embrace coat lengths that are longer than those of last season, but there is no one length that has received unanimous exploitation by the style creators. Some coats reach to what is known as knee length, but there are many others which are shorter. The coat suit pictured is of gray Bolivia cloth combined with Hudson seal. The fur panels in the coat are on the sides only and do not extend across the back. The lining is white brocaded satin.

Tomorrow's War Menu A BEEFLESS DAY

Sliced Peaches and Dry Cereal with Top Mille French Toast (Fried Bread) Maple Syrup

LUNCHEON Cream of Chicken Soup (left over) Celery and Apple Sauce with Mayonnais

DINNER Baked Haddock with Creamed Oyster Sauce French Fried Potatoes String Beans Fruit Cream

FRUIT CREAM

The ingredients are two bananas, one orange, one-half a lemon, one-third of a cupful of powdered sugar, one tablespoonful of granulated gelatin, one-fourth of a cup-ful of boiling water and one cupful of whipped cream.

Press the bananas through a sleve; add juice and pulp of orange, juice of lemon. sugar and gelatin, which has been dissolved in hot water. Stir over ice water until mixture begins to stiffen, then fold in the Put in mold and chill.-"Bette Meals for Less Money."

PATSY KILDARE THE OUTLAW By JUDD MORTIMER LEWIS

Making a Purchase

AFTER Rowdy and I had our breakfast this morning we went and sat with my burglar while the nurse got her breakfast He was lying looking at the wall and keeping his face shut. I said, "How are you feel ing this morning?" He said, "Bad." I thought that maybe he needed something to cheer him up, so I showed him how I could turn over endways. As I could see that he was interested I walked on my hands and that made him laugh, for just as the nurse came in at the door I ran into her and my feet went onto the tray and stirred up his brenkfast so much that stirred up his breakfast so much that Rowdy had to eat it. The nurse had to go back for more breakfast for my burglar, who is a pretty good laugher. His lips smile and his laugh stays down in his neck and sounds very gurgly and satisfactory. But he is getting so much whiskers on his face that I saw I would

have to do something for them. I concluded to go to town and get my washing and try to get a razor. So I made Levy take me in the auto and I went and got all the clothes in our house except the sheets my father was sleeping on and piled them into the auto and away we went. The cook washes every week which I think is silly. the auto and away we went. The coo washes every week, which I think is silly. I stopped at a little store that had three balls over the door and asked the young man in the store if he had anything a man man in the store if he had anything a man could shave with. He said he had, and I looked at his face and said. "Then for cat's sake why don't you shave?" He said, "Don't get fresh, kid. When kids get fresh around here something happens to them." I said, "How much are the shaving things?" He said, "I have got a good safety you dan have if you can cough up a bone." "If I can do what?" I said, "If you can cough up a lone." he said, "But, for cat's sake," I said, "how can any one cough up a bone?" "Well," he said, "If you can't you might as well roll your hoop." So I coughed and then I coughed again and again, and I got a kind of a tender throat, as if something might be coming loose, but no bone came up.

The man said. "What do you think you are doing?" I said, "I am trying to cough up a bone." He said, "I thought you were one of them fresh kids and now if you do not By your kite I will pasts you one on the dome." I had a notion to let Rowdy ear. him up, but I only said. "Levy, come here." Se Levy climbed out of the car and came So Levy climbed out of the car and came in and said, "What is it, Miss Patsy?" I said, "Blam this man on the nose for me and blam him good." Levy said, "I will do it if you will pay my fine." Then the man was not so gay. He said, "You'd better let me aione. I only told the young lady that the razor she wants would cost her a dollar and at once she gets fresh." I said, "You told me to cough up a bone." He said, "That means the same thing." I said, "Levy, lend me a dollar till we get home." So he did.

Levy said he would show me how to use

the regor, but my burglar was asleep when we got home and the doctor had been there nd said he was getting better, but he had worse breaking out of whiskers than ever

and we did not want to wake him, so we could not shave him today.

When Rowdy and I got ready for bed tonight we folded our naws and prayed:
"Dear mother which art in heaven, if you know anything about whiskers or about razors you had better stand by my burglat tomerrow, for something is going to come off. Ask God to bless you and my father and to kind of look after my burglar, for I don't think our doctor is much good

"(thest Story," the next Patsy Kildare adventure, appears in Tuesday's Evening Ledger

Knit Mittens in Your Spare Time

In spare moments when the knitting needles are not clicking for the future warmth of a soldier boy, the knitter might seize time by the forelock and knit some little old-fashloned mittens for the little girls and boys of the house whose small fingers Jack Frost will soon be nipping. The mittens can be done to match the winter coat or, better still, can be fashloned out of army wool that was left over. Don't forget to knit a string to hold the mittens

A Lady's Luncheon

will be served, beginning with

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GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

insurer to health questions. Doctor Kellogg in this space will daily give advice an preventing indicine, but in no case will be take the Fish of making diapnoses of or prescribing for all ments requiring surgical treatment or drugs. Health questions will be Framely as sucred by personal letters to inquirers who inclose stamped envelopes for eight as.

How to Eat for Health, Strength, Endurance and Efficiency

NATURAL habits in eating develop nate ural tastes and instincts, and are conducive to the highest pleasure and ennyment. The ideas embodied in the following rules of diet are by no means new coveries; they are as old as the hills: Eat natural foods.

Avoid excess of proteins, which include, beside meats, eggs and milk. Eat eggs sparingly, if at all. They are unwholesome for some people.

Exercise care in the use of cow's' milk.

Many persons suffer from chronic milk poisoning, being subjects of "casein dyspepsia." Buttermilk is preferable to ordinary

milk.

Avoid excess of animal fats. Nuts, especially pine nuts, pecans and almonds, are an excellent source of fat.

Avoid poisons, which include tea, coffee,

Avoid poisons, which Avoid poisons.

Avoid condiments—mustard, pepper, pepper sauce, cayenne, vinegar, pickles, all the irritating spices and condiments. These damage the stomach, liver and kidneys.

Use sait sparingly. Many persons are benefited by discarding salt altogether. The Richet).

Eat simply, avoiding too many kinds of food at a meal.

Eat moderately. Never eat to fullness of

Eat food which is religited. Such food generates appetite juice, which is essential

o good digestion.
Use cane sugar sparingly, sweet fruits are better. Secure two or three bowel movements daily by the abundant use of fruits, bran, fresh vegetables and other laxative foods

(if necessary, use mineral oil)

Eat some fresh, uncooked food daily, such as fresh or dried fruit, lettuce, heart of cabbage or fresh cucumbers (not pickles).

Vary the diet from day to day, but avoid omplicated meals and dishes.

The meal hours should be regular.

Two meals a day is the best plan for brain workers. If three meals are eaten the principal meal should be taken at mid-Supper should be the lightest meal Iced foods and drinks must be taken slowly

Take time to eat. Eat largely of dry foods and masticate thoroughly.

Drink four to six pints of water daily. Rest half an hour after eating. Avoid sleeping and violent exercise immediately

Bed Wetting

How can I cure my little daughter of bed wetting? What is the cause of this bad habit. MRS. M. H. It is not a bad habit, but an unfortunate one which the child cannot help. There is an irritable condition of the bladder or of the controlling nerve centers. A great variety of remedies have been tried for wet-ting the bed at night, but they are of little value. The most effective plan that can be pursued is to keep the patient from eating or drinking for three or four hours before retiring. The use of meat by children will encourage the habit. Whipping, scolding and frightening children will do no good;

nervous condition that will increase the a nervous condition that will increase the trouble. A short hot sits bath taken at bed time is beneficial. Sometimes a cool bath with a dash of cold water upon the lower with a dash of cold water upon the love-part of the spine helps. Raising the foot of the bed eight to ten inches succeeds in some cases. Wearing a moist towel cor-ered by a dry bandage about the lower part of the abdomen at night may be tried. To prevent the patient from sleeping upon the back, if a knot in the lowel and place it about the body in such a way that the knot will come at the garage. knot will come at the center of the back

Hardening of the Liver

Can hardening of the liver be cured? Hardening (cirrhosis) of the liver cannot be cured. It is just as impossible to cur-cirrhosis of the liver as to restore a piece of burnt leather to its normal state again.

Talking Through the Nose

How can I evercome the habit of talking No one talks through the nose. The peculiar kind of talking to which this term is applied is due to some obstruction of the nostrils so that one really talks without the nose instead of through it. Consult a nose specialist and have the obstruction removed. It may be a polypus or some other growth or merely a thickening of the mucous members.

Nausea

Why do I have nauses so much when my digestion seems to be good? MISS H. J. Nausea is often due to a diseased condi-tion of the gall bladder—gall stones or in-flammation. It may be due to constipation.

Buzzing of the Ears What causes bussing or ringing of the early K. K. T.

This condition may be due to catarrh of the middle ear and neurasthenia. It is frequently due to plugs of hardened war. Consult a competent ear specialist. Adopt an out-of-door life. Take a cold bath dalp on rising in the morning, masticate the food very thoroughly and live a normal life.

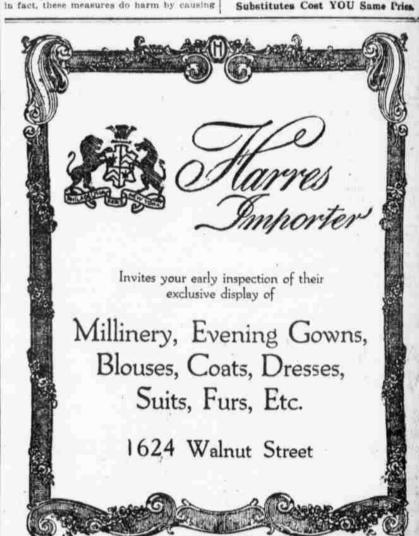
To Imagination One day thou didnt desert me-then I

How looks the world to men that lack thy grace, And toward the shadowy night sick-hearts

When, lo! the first star brought me back thy face ! -Edith Matilda Thomas.

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